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PART XIII.

"Wills-o'-the-Wisp" of Disease.

Feux Follets de la Maladie.

Irrlichter in der Krankheit.

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THE

"WILLS-O'-THE-WISP"

OF DISEASE.

[FOR THE MEDICAL PROFESSION.]

PART XIII.

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JAS. I. FELLOWS, 56, HOLBORN VIADUCT, E.C.
1894.

To the Medical Gentlemen who have honoured me with the Reports and Testimonials which so greatly enhance the value of my publications, and to whom the latter are respectfully dedicated, I tender the most cordial thanks, with the assurance that the contributions shall be used in such manner only as is consistent with the ethics of the Profession.

JAMES I. FELLOWS.

LONDON, 1894.

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PREFACE.

It frequently happens that medical men have to establish a diagnosis and decide upon a course of treatment from the description given by a patient of a train of purely subjective symptoms. In a case of this kind there are no tangible physical signs from which a satisfactory conclusion can be arrived at, although there may at the same time be sufficiently clear evidence of the patient's general ill-health. These subjective phenomena—the chronic or (occasionally) fleeting proofs of a flaw in some part of the human machinery—are often as distressing to the sufferer as they are perplexing to the physician; and although the nervous system is generally (and rightly) held to account for their occurrence, yet the baffled enquirer is as a rule glad to rest satisfied with this hazy explanation, which keeps his patient in at least as complete a fog as that in which he finds himself.

Thus it is that there have sprung into ready use many convenient expressions, for the purpose of covering an ignorance that in itself is no fault, but which it would, nevertheless, be highly inconvenient to acknowledge. The intangible and mystic phases of a so-styled "neurosis" or "hysteria," for instance, form tempting labyrinths into which inquisitive friends may be led without much likelihood of their finding a way out. Occasionally, the digestive system is utilised in the same manner. "Dyspepsia," "liver," and "gout," are unassailable trenches to erect in the line of retreat, or to use for the purpose of turning an enemy's flank. And even if all these fail, there are still ample reserves to fall back upon in the shape of "temperament," and "diathesis," and "heredity."

This state of things will, it is to be feared, more or less always continue to be. For it is not a question of human ailments obedient to fixed laws that act immutably; there are new conditions and varying influences ever springing into existence. The whole lifetime of the greatest intellects in the Profession of Medicine is often

spent in investigation and discovery, and, to a certain extent, in making novel experiments. And the fact, too, must be faced that the ablest abstract scientist is frequently the most unsuccessful healer of disease. Still, the path of scientific medicine is being daily cut through obstacles that to our forefathers seemed insurmountable; and the physical sciences, in their contemporaneous advance, are constantly being called on to assist in the march of medical progress. Superstition, charlatanism, and quackery, if now and then they struggle to the front and succeed in confounding truth and falsehood in the minds of onlookers, are now-a-days more readily exposed and more quickly denounced. Secret remedies, too, are fewer, and their vaunted powers are more easily and publicly tested.

The object of the present pamphlet, which Mr. Fellows ventures to lay before the Medical Profession, is to invite a passing attention to the numerous class of ailments that are included under the title he has chosen. It may not be amiss for even the most eminent physician occasionally

to ask himself the question, "Am I not confounding effect with cause, and losing time in the treatment of some symptom, while the disease producing it escapes my observation?" It is possible that at times there are pigeon-holes too ready to hand, in the shape of vague generalisations, into which can be thrust perplexing facts in the details and history of a case. This, of course, is a matter which Mr. Fellows merely suggests for the consideration and reflection of his readers. He only wishes to remark, in conclusion, that the observations contained in the present pamphlet were prompted by the numerous voluntary expressions of opinion he had previously received, on the value of the Hypophosphites in the various types of ailment that may be summarised, in the words of the title, as "the 'wills-o'-the-wisp' of disease."

THE "WILLS-O'-THE-WISP" OF DISEASE.

Introductory Remarks.—There are, it will be freely acknowledged, numbers of painful and distressing affections, which interfere with the comfort of our daily lives, and interrupt the harmonious play of the physiological forces so necessary for the maintenance of health, but which, nevertheless, are unassociated with any organic change in the system, and are purely functional in character. These deviations from the normal discharge of the bodily functions—which may not inaptly be termed the "wills-o'-the-wisp" of disease—are, however, of importance, in that they frequently mark the first steps in those processes that lead up to organic change in the functionally-affected parts.

The boundary-lines of the territory where organic disease actually commences are, moreover, often so indistinctly marked out, and so little defined by any appreciable physical change, that it is hardly surprising

that the physician sometimes falls into the error of confounding that which is functional with that which is organic.

It is, however, a lesser evil to make the mistake of attributing to organic change, symptoms which really have their source in functional disorder, than to unwarily stray into the trap nature constantly lays (in rendering the progress of disease insidious and difficult of detection), and to attribute to merely aberrant, distorted, exaggerated, or inefficient function, the results of true organic change.

George Eliot, in one of her writings, has well said that, if she were only provided with sufficient generalities and analogies, she could easily establish the conclusion that the murderers Burke and Hare were benefactors of their race. And perhaps it is that, taking refuge in similar generalisations and misapplied analogies, medical men frequently come to employ the terms "neurotic," "hysterical," "neuralgic," "neurasthenic," and the like, in order to cover an uncertainty in diagnosis or a want of acumen in detecting the finer shades of approaching disease.

Neurosis, Hysteria, and Neuralgia.—How easy it is when, for instance, an over-worked and sensitive woman, labouring in any one of the many occupations into which the struggle for existence in modern

times has forced her, and competing with men in physical and mental callings, for which, arguing from the general qualities of her sex and from analogies drawn from their "lower passions and lower pains," one would think she is physiologically unsuited—how easy it is, when such a one comes complaining of headache, indistinctness of vision, and dental, intercostal, or ovarian neuralgia, to shake our wise heads gravely, and explain all by the simple expression—"neurotic!"

Or, should it happen that the normal balance between her sight and tread are lost, and that attacks of vertigo occur, accompanied by fear of walking alone or in open spaces, or of appearing in crowded assemblies, causing her to become nervous and apprehensive; or, that the voluntary drag of a will that should, in health, control precipitate and involuntary emotion, for the moment fails, and she breaks down, as even strong men will do when the mind, enfeebled by over-strain, loses its power of control—what is simpler than to murmur, "hysteria?"

Or, if she has lived long in a dust-laden and polluted atmosphere, re-breathing from morning till night, in an almost unchanging posture, air which miserable creatures like herself have already breathed until the rank moisture of their lungs' vapour glistens on the motes they continue to inhale into their resisting air-cells; and

her sallow, green-tinted complexion tells, in her chloræmic look, of the daily struggle with spinal pain, hemicrania, facial tic, insomnia, gastralgia—how easily the term "neuralgic" meets the difficulties of the case!

This, however, is not the only instance in which —quoting again the same authoress—"that damnable doctrine of expediency," which, like an old felt hat, "can be adapted to any force of circumstances," is resorted to, in order that troublesome and obscure symptoms may be explained by a happy, if meaningless, generalisation. For it is doubtful whether her wealthier and more favourably circumstanced sister is much better off in this matter of diagnosis than she of the millinery workroom, of the match factory, of the printing establishment, or of the post-office.

Heredity.—There seems to be, with many, a disposition to view all subjective symptoms, painful or otherwise, in delicate or sensitive women of the wealthier classes, as the outcome of hysteria, or of that ambiguous entity—"neurosis." And of late years there has come into fashionable use a still more comprehensive term, which is made to account for almost every ill to which human flesh is heir, viz., "heredity." And as, in these times, every force is considered to be the result of the operation of some

law, this one, so compendious for medical purposes, has that of "atavism" to explain it.

We do not underrate the importance of hereditary heirlooms, handed down to us in unbroken chains through the excesses, failings, or vices of our forefathers; but it is doubtful whether we have not to thank ourselves, rather than them, for a good many of the ills that we find it so convenient to cast on their shoulders.

The high-born and delicately-nurtured woman, with a physical organisation as unfitted to rough life or to bear many of its coarser rebuffs and trials as the thoroughbred racer is to take the place of a cart-horse, has in her constitution all the ingredients that render her prone to physical suffering, even from slight and transitory causes. Her life, in a different manner from that of her poorer sister, frequently tends to enervate her nervous system, impoverish her blood, and disturb that normal balance between mental action and the physical processes at work in her economy, that is essential to the maintenance of her general health.

The effects of premature introduction into the dissipation and excitement demanded of her by the tyranny of Society, whose fetters she is powerless to cast off, forcing her into habits alike prejudicial to the development of her body and her intellect, render her susceptible to those functional ailments, most of which

owe their presence to a weakened nervous system and a perverted blood-supply. And if there be any hereditary tendency to disease, such a state of things is likely to develope it. Late hours, feverish excitement, prurient amusements, loss of sleep, little exercise, and the encouragement of a capricious appetite, may be mentioned as a few of the active causes that lead up to her deterioration in health. She, equally with the less fortune-favoured sister who trims her bonnet, fashions her corset, or works out the design of her costumier, is said to be "neurotic," "hysterical," and "neuralgic."

By widely-differing circumstances and forces the same results are brought about in the case of each; and those fleeting and intangible, although most painful, phases of ill-health, which we have termed the "wills-o'-the-wisp" of disease, confine the one in a bare attic or a hospital ward, and reduce the other to the Belgravian back-drawing-room or the costly West-End nursing home.

It is not intended to infer that such ailments as are included under this heading are not incidental to men as well as to women; though the stronger sex does not suffer from them in the same proportion as the frailer. But men are seldom spoken of as "neurotic" or "hysterical." So far they fare better than women, because, when they do make complaint of suffering

(which, in their wives, daughters, or sisters, would at once be met with this casual explanation), they, on the contrary, are said to be "overworked," "run down," or "worried." And, besides, to men is generally applied the more euphemistic term, "neurasthenic."

Certainly one does not often see a "neurotic" blacksmith or a "hysterical" docker; and neuralgia is not a common complaint amongst those who are forced to live by the sweat of their brow. Similarly, men of the artisan class as a rule suffer little from those ailments which, when told that their wives and daughters are victims to them, they are naturally inclined to ridicule or to look upon as indispensable attributes of a woman's life.

Still, there are neurotic and hysterical men to be found in numbers, in the great middle class of Society, and amongst the deteriorated offspring of the intermarried upper classes. Such men are frequently mental hermaphrodites in their effeminacy, and in their emasculating habits and vices.

Influence of the Nervous Temperament.—But amongst the bread-winners in all classes of Society are to be found men who compose the real salt of the earth, and who are typically the nervous-temperamented men—men of impulse, energy, restless activity, and strong ambition. These are the men

who have what we may well call "switchback" temperaments, in which states of despair and hope alternately sway and guide their actions. Their descent to the one state is rapid, and equally so is their ascent to the other. Their daily pendulum of life swings quickly between the two extremes. Nature has endowed them with an exuberant nerve-force, and not the least dangerous circumstances of their lives are those which tend to its suppression or misdirection. Such men as a rule think quickly, walk quickly, and eat quickly. They are frequently of sensitive and sympathetic disposition—their nerves, like their minds, are prone to morbid exaltations, are easily excited and irritated, and respond readily to extraneous influences. They are the men of whom it may be truly said, "It is not good for them to be alone." In their case, worry, brain-tire, physical exhaustion, and consequent inability to fulfil engagements or discharge duties, produce instability in mental action, uncertainty of resolution, and imperfectness of design, which are quickly followed by irritability and general depression.

These are the patients who are constantly told that it is "all liver and dyspepsia," and are correspondingly dosed with blue-pill, podophyllin, pepsine, or papaine. But their dissipated nerve-energy is really at the bottom of the visceral derangements and neuroses

which manifest themselves in distaste for food, capricious appetite, attacks of migraine, *tinnitus aurium*, ocular spectra, *muscæ volitantes*, dry tongue, uncertainty of gait, pranks of memory, and all those evidences of nervous instability which are commonly grouped under the term "neurasthenia."

"WILLS-O'-THE-WISP" OF DISEASE.—EXAMPLES.

Let us now refer more specially to some of these transient affections of the organs of sense and the internal viscera, which we have styled the "wills-o'-the-wisp" of disease. They are the more difficult to treat because of their frequent co-existence in the same individual, and, as they are of that kaleidoscopic character that causes them to merge one into the other, it becomes most difficult to isolate and define the primary functional disturbance that has set them in motion.

They are the mirages of disease which so often deceive the orthodox routine physician, whose mental perspicuity is at times perverted or blinded by a belief in his infallibility in diagnosis, thus tempting him to treat effects instead of causes, and occasionally leading his professional pride onwards to a rude fall before some boastful charlatan, who by happy chance

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blood-supply of the organs and viscera, and the physical effects produced on these stopcocks of visceral blood-supply by mental action, explain much of what is said to be neurotic and hysterical.

It is questionable if the science of medicine would not be the better for the complete expunging of the words "neurotic" and "hysterical" from its vocabulary. In a large percentage of cases they are used as a highly convenient shelter from pertinent questions on the part of patients and friends, and are thus grossly unfair to the former and misleading to the latter. There are not so many *malades imaginaires*, in the true sense of the expression, as is generally thought.

Let us take a few familiar illustrations. HEADACHE, in different situations, may indicate abnormal refraction in the eye, dental caries, alveolar hyperostosis and periostitis, or gastric derangement; in women, it may indicate some disorder of the uterus or ovaries; OCULAR SPECTRA and *muscæ volitantes* may indicate disordered biliary secretion; PAIN ON READING OR WORKING, confusion of letters, headache, nausea, and vertigo, may depend for their sole cause on astigmatism, while slight degrees of optic neuritis are frequently occasioned by catamenial irregularities; DIPLOPIA may have its origin in tape-worm; and acute retinal pain may be the outcome of an excess of uric acid in the system. Again, every

variety of NOISE IN THE HEAD AND EARS may be associated with general nervous debility, anæmia, and weakness of the tubal muscles. But this enervation, leading up to the collapse of the orifice of the Eustachian tube, may be the forerunner of middle-ear changes of a gross nature; and *tinnitus aurium* may, on the other hand, be indicative of serious changes in vascular tension, and of general increase or diminution in the blood-pressure.

This *tinnitus* is found to be present in anæmia, in the blood changes of pregnancy, and during the climacteric period in women. Most troublesome nasal affections, indicated by difficulty of nasal respiration, defects of hearing, or nasal migraine, are attendant upon congested conditions of the mucous membrane, such as chronic rhinitis and chronic hypertrophic rhinitis; and there can be no doubt that these congested states of the turbinate bodies are frequently maintained by constitutional ailments, to which they are secondary, and by reflex irritations such as sexual excess.

SNORING, AND DEFECTS IN PRONUNCIATION, RESPIRATION, AND HEARING, are often caused by adenoid growths in the naso-pharynx, which require early attention and radical treatment.

We have already referred to headache and to the

ocular symptoms that may alternate with dental neuralgia as a consequence of decay in teeth. Strange to say, at the dentition period in children, it is not of unfrequent occurrence that attention is diverted from reflex irritation of the brain to the more actively-exhibited bronchial irritation; and then the lung symptoms are vigorously treated, while the central source of the irritation is entirely overlooked.

The so-called "HYSTERICAL APHONIA"—a typical example of a neurosis—has generally behind it some blood depravity, or is a passing proof of a general want of tone in the nervous system, not infrequently connected with aberration in the catamenial flow. But, on the other hand, it has been regarded as merely such when it was the result of a more serious paresis of one of the laryngeal abductor muscles, possibly contingent upon a mediastinal growth or an aneurismal tumour. Reflex irritation from the stomach may produce a TROUBLESOME COUGH; yet this lung-symptom has been many a time trifled with under the impression that it all proceeded from the stomach, and in the meantime the seeds of tubercular disease were being firmly implanted in the system.

GASTRALGIA, one of the most familiar of the neuroses of women, may be regarded as one of a legion of symptoms that we are ready to assign to chronic

dyspepsia. But it ought at times to tempt to an investigation of the sexual organs in women, and its continuance should arouse the suspicion of threatening mischief in the gastric mucous membrane.

Loss of weight, or general emaciation, with or without pain in any region of the body, is always a suspicious symptom, though its curability by the Weir-Mitchell system of rest and blood-making has so influenced even robust minds in the Medical Profession as to bring about a belief on the part of many that it is but another development of the neurotic temperament. Hence has arisen the lucrative system of over-feeding, rest, and massage, which has of recent years been so boisterously "boomed." (The lesson taught by the Bey of Marocco, with his ortolans, *lomi-lomi*, and fat women, has not been thrown away on some modern physicians.)

It is no doubt true that the rest and isolation thus enforced, together with the physiological effects of judiciously-applied massage, through their combined influence on the brain, the muscles, the nerves, and the secretory organs of the body, are invaluable therapeutical means for restoring tone and re-creating fat; but, on the other hand, it cannot be denied that in their rather too universal application they have occasionally been productive of serious mischief. For from

this interested view of increasing emaciation, which leads up to the æsthetic medical home, one is apt to overlook possible causes of loss of weight, such as pancreatic disease, occasional glycosuria, or even incipient diabetes.

Loss of weight, without any apparent or discernible cause, in men of middle age should, as a rule, make us apprehensive of some impending organic change. Under any circumstances, progressive loss of weight in either sex, occurring side by side with other proofs of mal-assimilation, even if these be masked by a train of more active symptoms denoting general weakness of the nervous system—such as keen susceptibility to pain, insomnia, paroxysmal outbursts of emotion, or certain sexual proclivities—should make us hesitate before we ascribe such a condition of things to some fanciful neurosis.

SPINAL PAIN OR IRRITATION is another of these subjective symptoms, frequently most troublesome to treat, and occurs in just the type of individual readily labelled "neurotic" or "hysterical." How variously affected the spine may be by those painful symptoms which Sir James Paget has so well grouped under the general term *neuro-mimesis*, or nerve-mimicry, is shown in the obstinate cases consequent upon railway shock or injury. Intense sensitiveness over certain areas of

the cord, lancinating pains, and inability to sit or walk, are a few of these symptoms.

In certain conditions of health, slight shocks, jars, or blows on the spine, are liable to be followed by such symptoms, and the same remark applies to similar accidents to joints. In the latter case, nerve-mimicry is often most difficult to diagnose, from its likeness to secondary joint-affections consequent upon inflammatory changes. A formal posture long maintained, as a result of nerve-excitation in the joint, in time brings about deformity closely allied to that which attends upon structural organic change.

The differential diagnosis of these spinal and articular troubles, from those arising out of inflammatory changes in the structure of the vertebral column or the spinal cord, and from arthritic mischief due to rheumatism, gout, or tubercle—simple enough, if we are on our guard against possible error in examination—is apt to be bungled, when we are biassed by the clinical bugbear of "neurosis."

A word on Railway injuries.—And here it may in passing be remarked how peculiarly liable to true subjective symptoms are those who have been exposed to shock in railway accidents, and how grossly unfair is the attitude that is often assumed towards such sufferers. The resulting intangible affections

such as headache, loss of memory, retinal disturbances, noises in the head and ears, spinal pains, disorders of locomotion, insomnia, tremors in the limbs, indetermination in speech, and loss of weight, are easily attributed to malingering, although all the symptoms so described have been known to be the fore-runners of cerebral and spinal paralysis, leaving in their wake a constitution shattered for life.

It is in just such cases, where there are super-added suspense and anxiety as to the issue and ordeal of a legal trial, that these mental adjuncts intensify the physical evils. It were better that a few exaggerated or unjust verdicts should be obtained at the cost of railway companies convicted of carelessness, than that some hopelessly-shattered victim should be deprived of his just compensation, or have his good character sworn away, through ignorance of or misbelief in the importance of his symptoms. Only those who have had large experience of the consequences of such accidents, and who have taken pains to trace the ultimate histories of the sufferers, know how insidious, yet lasting in their effects, are the diseases to which these injuries give rise.

Ill-health in women.—It is probable that, owing to the ill-health to which women are so specially liable, there are no viscera that originate so many

remote reflex disturbances as do those of the female pelvis.

A gynæcological survey of the many reflex aberrations of function which may be traced both directly and indirectly to diseases of the uterus and its appendages, would embrace so large a field that it is not possible here to do more than briefly refer to a few of these affections. They are incidental to all periods of a woman's life, from the budding springtime of her youth, when puberty unfolds to view the fresh tints of womanhood, down to the climacteric epoch when nature struggles with time, and obstinately but vainly contends against the encroachments of age. But it is particularly at these two critical times of her life that all the nerve-impulses appear to be quickened, that greater nervous susceptibility is aroused, and that apparently a more intimate association between the sexual organs and the entire system is maintained.

Puberty.—The demand made during puberty on a woman's nervous system in the first awakenings of sexual appetites and desires, or, even where these are dormant, in the physiological correlations that come into play between her sexual functions and her circulatory and nervous systems (as, for instance, in the beginning and continuance of ovulation), is no light one. Nor can we wonder that serious changes in her

blood-current—storms indicative of nerve-excitation, and defective or arrested metabolic processes indicated by visceral irregularities—then begin to manifest themselves. Yet, how often are these, when recognised as a group of signs or symptoms, conveniently written down in the physician's case-book as "neurosis"?

True, this "neurotic" girl may have attacks of syncope, may suffer from blinding headache, aching spine, and the delirium of dysmenorrhœa, may have threatenings of epileptiform seizures, may pass sleepless nights, and may lose appetite and flesh—still she is "neurotic" or "hysterical." She can turn on neuralgia at will, like a water-tap; but unfortunately she cannot so easily turn it off. Meanwhile, all these phantoms of disease are the nightmares of her young life, tending to force on her a morbid introspection and to permanently alter the mental and moral character of the future woman.

The Climacteric.—At the climacteric, in addition to the retrospect of her life and all the reminiscences of her past, in which are mingled hopes, aspirations, disappointments, trials, and echoes of long-past loves, emotions, and passions, all of which stir profoundly the depths of woman's inner nature, and touch the very central stream of her existence—in addition to all these there comes that interruption in the normal

physiological processes of the system, that re-acts so powerfully on the female mind.

It is a time with many women when the last rays of a lingering hope set behind the clouds of indifference that presage the darkness of a settled despair. Life to them has gone out, flickering as it may have been for some time in the struggle to grasp the ever-retreating, phantom forms of rewards and joys which long-tried devotion to duty and unselfish disregard of their own pleasure might surely have entitled them to secure.

Not to all women is it given, in the fulness of their time, to reap in mature health the rewards of a satisfied motherhood. The drains of repeated pregnancies have but too often changed or shattered their constitutions; or, on the other hand, it may be that the weary and lingering internal fires of disappointment and discontent, that are the frequent attendants on sterility, have warped both mind and body by their baneful influences. It is under such circumstances and conditions as these that many women feel the approach of their autumn-time, and see in the not far distance the deeper gloom of the winter of old age.

Some are so ill fitted to bear the double strain, that it is little wonder if they readily succumb to these climacteric processes that manifest themselves in head-aches, flushes of heat (with alternate sensations of

cold), throbbings in the head, noises in the ears, cardiac irregularities, visceral derangements, and many other of the nervous and vascular affections which occur during the menopause.

Consequences of Celibacy.—Nor must it be forgotten that, in the case of an unmarried woman, many influences are at work the nature of which we can but little comprehend. There is a great negative side to her life; and the freer commingling of the sexes in the amusements and occupations of modern society, hardly tends to lessen the consequences of this negation in the physiological activities of her being. Her hidden sexual forces find no correlative expression in the natural use and development of her generative organs.

How far this suppression of the full discharge of the sexual functions may affect certain women whose passions and instincts are relatively stronger than those of others, it is not possible to say; but from our acquaintance with the effects of unsatisfied or restrained desire, from all we know of the morbid impulses that lead up to vicious habits, and from the complete change that in many cases follows the natural fulfilment of sexual appetite, we know that these effects must be considerable.

Further, when in these women other morbid forces

are at work in the nerve-ganglions or in the blood-cells, it is not difficult to realise how the predisposing elements we have above referred to may operate in exciting functional disturbances, the more readily if the sexual organs themselves are either congenitally malformed or pathologically changed. And when we thus come to deal with dysmenorrhœa and oöphoralgia, whether they are associated or not with reflex affections in other organs, we have to give to the term "neurosis" a wider signification than that which is generally attached to it.

Puberty in the male.—Although the changes that are dependent upon the appearance, regular recurrence, and final decay of the generative activity in woman are absent in man, yet there are phases in man's life, as well as in woman's, that develop certain physiological phenomena, which have an important bearing on his health.

The time of puberty in the lad is not without its dangers. Apart from the practice of vices which he may have learned in his school-days, and the effects of these on his nervous system, there is the demand made on his powers of nutrition by new developments in his tissues, and by the consolidation of his skeletal muscles and bones. If he be so happily circumstanced that these developments and constitutional demands

are made under conditions favourable to their healthful completion, in domestic comforts, home life, open-air occupations, and sufficient recreation, youth merges quietly into manhood, and the strain is neither felt nor perceived. On the other hand, should he be early forced to enter business and city life, and be confined for long hours over a desk in an impure atmosphere, or should he be over-crammed in preparation for competitive examinations, or be early launched into the dissipations of a fast society, he will be particularly liable at this period of life to develop signs and symptoms of whatever constitutional weakness he is most predisposed to.

It is at this age in men that we frequently find cardiac irregularities, choreic or epileptiform seizures, headache and attacks of migraine, evidences in joint, bone, or tissue, of tubercular mischief, and ocular troubles, such as asthenopia, insufficiency of muscle, and errors of refraction due to faulty accommodation.

Affections incidental to adult life.—If the lad grows to manhood, and these deleterious conditions are not rationally dealt with, we find later on such maturer developments as habitual bilious headache, seminal weakness, impotency, attacks of gastralgia, faults of memory, and want of cohesion in ideas, together with other signs of neurasthenia as exhibited

in an indeterminate and wavering mental attitude, aggravated by a groundless apprehension in the most trivial affairs of business, and in the discharge of ordinary duties.

Such a man is constantly conjuring up before his mind's eye irrepressible phantoms of trouble or misfortune; he is prone to look on the dark side of every picture, exaggerates each trivial disappointment into a direful calamity, and is subject to fits of deep despair. Every cloud of his life is set in the deep gloom of a sunless sky, without even the faint trace of a silver lining to lend aught of hope or brightness to it. It is not to be wondered at if he becomes a confirmed hypochondriac, full of introspective fancies, and finally falls a prey to electrical charlatanism and every other species of quackery and imposture.

Michael Foster on "The Phases of Life."—As having a special bearing on these observations, we quote the following important passages from the work of Professor Michael Foster on "The Phases of Life":—

"Two changes characteristic of old age are the so-called calcareous and fatty degenerations. These are seen in a completely typical form in cartilage, as, for instance, in the ribs; here the cell-substance of the cartilage-corpuscle becomes hardly more than an envelope of fat globules, and the supple matrix

is rendered rigid with amorphous deposits of calcic phosphates and carbonates, which are at the same time the signs of past and the cause of future nutritive decline. And what is obvious in the case of cartilage is more or less evident in other tissues. Everywhere we see a disposition on the part of the living substance of the tissue to fall back upon the easier task of forming fat rather than to carry on the more arduous duty of manufacturing new material like itself; everywhere almost we see a tendency to the replacement of a structured matrix by a deposit of amorphous material. In no part of the system is this more evident than in the arteries; one common feature of old age is the conversion by such a change of the supple elastic tubes into rigid channels, whereby the supply to the various tissues of nutritive material is rendered increasingly more difficult, and their intrinsic decay proportionately hurried.

"Of the various tissues of the body, the muscular and nervous are, however, those in which functional decline, if not structural decay, becomes soonest apparent. The dynamic co-efficient of the skeletal muscles diminishes rapidly after thirty or forty years of life, and a similar want of power comes over the plain muscular fibres also; the heart, though it may not diminish, or may even still increase in weight, possesses less and less force, and the

movements of the intestine, bladder, and other organs, diminish in vigour. In the nervous system the lines of resistance, which, as we have seen, help to map out the central organs into mechanisms, and so to produce its multifarious actions, become at last hindrances to the passage of nervous impulses in any direction, while at the same time the molecular energy of the impulses themselves becomes less. The eye becomes feeble, not only from cloudiness of the media and presbyopic muscular inability, but also from the very bluntness of the retina; the sensor and motory impulses pass with increasing slowness to and from the central nervous system, and the brain becomes a more and more rigid mass of nervous substance, the molecular lines of which rather mark the history of past actions than serve as indications of present potency.

"The epithelial glandular elements seem to be those whose powers are the longest preserved; and hence the man who in the prime of his manhood was a 'martyr to dyspepsia' by reason of the sensitiveness of gastric nerves, and the reflex inhibitory and other results of their irritation, in his later years, when his nerves are blunted, and when therefore his peptic cells are able to pursue their chemical work undisturbed by extrinsic nervous worries, eats and drinks with the courage and success of a boy.

"In both sexes the maturation of the generative organs is accompanied by the well-known changes in the body at large; but the events are much more obvious in the typical female than in the aberrant male. Though in the boy, the breaking of the voice and the rapid growth of the beard which accompany the appearance of active spermatozoa, are striking features, yet they are, after all, superficial; and though, as we have seen, the curves of his increasing weight and height undergo before, and at, this period, characteristic variations, the general events of his economy pursue for a while longer an unchanged course; the boy does not become a man until some years after puberty, and the decline of his functional manhood is so gradual that frequently it ceases only when disease puts an end to ripe old age. With the occurrence of menstruation, on the other hand, at from thirteen to seventeen years of age, subsequent to the acceleration of growth noted above, which indeed appears preparatory to it, the girl almost at once becomes a woman, and her functional womanhood ceases suddenly at the climacteric in the fifth decennium. During the whole of the child-bearing period, her organism is in a comparatively stationary condition. The variations in the yearly increment of the girl before puberty, though not so marked, are more complex than those of the boy, and she reaches the maximum of yearly increment sooner

than does he; during this whole period, indeed, she precedes him in growth, and she has nearly reached her maximum, while he is still continuing to grow. Her curve of weight from the nineteenth year onward to the climacteric, remains stationary, being followed subsequently by a late increase, so that while the man reaches his maximum of weight at about forty, the woman is at her greatest weight about fifty."

Dyspepsia.—If we now take that hydra-headed "will-o'-the wisp," dyspepsia, as an example of the class of ailments we are dealing with, we shall find, though in a lesser degree than in the instance of the "neurotic" or "hysterical," that the "dyspeptic" man or woman is frequently slighted.

When that vicious chain is formed which has one end in a disordered sympathetic system or in the splanchnic nerves, and the other in a perverted gastric secretion, we scarcely know on which of the many links in the vicious circle to lay our hand.

A disturbed and variable gastric circulation, a hepatic secretion deviating in the quality and quantity of its biliary elements and subject to variations in the amount elaborated during the twenty-four hours, the consequent retention of abnormal constituents in the blood, and the possible cessation of the integral metamorphoses essential to its purity, and of the metabolic interchanges between it

and the tissues, together with an impaired assimilation of food—these are some of the forces at work in weaving round the victim the bonds of "dyspepsia." Out of them arise nervous headaches, migraine, sick or bilious attacks, brow-ache, loss of appetite, acid eructations, loaded tongue, costiveness, mental depression, irritability of temper, and inability to conduct business or to concentrate the mind for any length of time in a sustained effort. All the other symptoms incidental to any disease or derangement of function, are seen through the lens of an over-sensitive brain in an exaggerated or distorted form. Unnecessary apprehension, and excessive complaint of pain or discomfort are the natural consequence. And when the sufferer seeks relief from this distressing burden in his or her daily life, it is but little consolation to hear the malady described, with a significant shrug of the shoulder, as "only a form of 'dyspepsia.'" *There is, we may rest assured, a something behind every dyspepsia.* Brain, liver, and stomach, all act and react one on another: and it is the imperceptible maintenance of a normal correlation in nervous supply and control, and visceral functional activity, that constitutes the even balance of health.

In one individual there is an excess of alkalinity in the blood, in another an excess of acidity. In each

case there is a corresponding plus or minus sign to be placed before the normal acid reaction of the gastric secretion. In some people the quantity secreted is lessened, in others increased; and this diminished or augmented secretion on the part of the atonic or over-excited glandular mechanism is explained by a loss or absence of nerve-excitation, on the one hand, or by an absence of inhibitory nerve-force on the other; or, it may be there is some quality in the secretion itself that unduly excites and stimulates. But to rightly comprehend these evidences of gastric neurosis, we must seek for causes that have their seat in the central nervous system and in the great vaso-controlling plexuses; or we must seek for them in the nature and constitution of the renal secretion, in its acidity, or its fixed or transient alkalinity.

How different, for instance, should be the treatment of a dyspepsia in which we find oxalates in the urine, from the treatment of that in which excess of phosphates is the principal abnormality. On the other hand, how important is the relation which excess of uric acid and the daily increase of urates bears to the varying shades of gastric derangement and pain. Thus it is clear that much of the failure that follows the treatment of a so-called "obstinate" dyspepsia, arises simply from the common habit of regarding it as

a trouble primarily commencing in the stomach or liver, whereas its actual origin should be sought for in some atonic condition of the central nervous system, and of the vaso-motor nerves, or in an irritable and readily-excited state of the latter.

In this way dyspepsia, with all its secondary consequences, comes to be one of the true "wills-o'-the-wisp" of disease. We chase the shadow in the symptoms, and lose the substance in forgetting or missing the primary fault. Here, as in other manifestations of deranged nerve-supply, we are apt to be "caught napping"; and what we have been treating as an intractable dyspepsia sometimes proves to be but the early functional warning of the on-coming of organic and structural change.

CERTAIN CLINICAL DEDUCTIONS.

We have thus briefly touched on a number of states of ill-health in which various symptoms, painful or otherwise, generally of a fleeting nature, and many of them purely subjective in character, occur, and which it is common for the medical man to refer to some real or imaginary neurosis. But what we would specially point out is, that these unhealthy clinical phenomena must, if they are to be cured, be looked on in the light of so many evidences of disorded function and perverted

nerve-action; and also be recognised as Nature's beacon-lights, flashing out every now and then warning gleams to indicate the danger of drifting too close in towards the far-reaching sand-banks of actual disease.

Acknowledging the wisdom of this, the careful physician will deliberately and periodically take his soundings, and so avoid the risks and consequences of running amuck amidst the dangers of organic complications—complications which prudence and forethought on his part will enable him to anticipate and provide against.

This is the main precept we would press home on all who are good enough to read these pages, viz., *that no affection should be regarded as "purely neurotic," or as "mere hysteria," until the physician has probed beneath the surface and searched for the real causes of the more superficial phenomena about which he is consulted.* Neurosis and hysteria will not then exercise over him a sort of fetish thraldom, blinding him to the actual sources of the symptoms he is called upon to treat, and impelling him with an almost superstitious readiness to take refuge in misleading terms and meaningless generalisations.

"Wills-o'-the-Wisp": their treatment.—We have thus seen that these "wills-o'-the-wisp" of disease

are to be looked upon in a different light from that in which they are usually regarded. It behoves us now to say a few words on the means of combating the causes that lead up to them.

In searching for the predisposing or exciting cause of any affection, it is as well to begin by ascertaining what the surroundings of the patient are, his occupation, his habits—in fact, the conditions of his daily life. We often find in these the key to the position.

It is idle to hope to therapeutically combat morbid states so long as we are content to ignore the circumstances that have called them into existence. Even if our estimate of the links in the vicious chain completing the circle of abnormal impulse and irritation be ever so accurate, and our application of the therapeutical forces calculated to break those links be the most scientifically perfect, all may be useless if we do not remove or modify the predisposing activities that originally forged them. These latter are to be sought for in the unhygienic conditions attaching to many private dwellings and business resorts; in the insufficient ventilation of sleeping, sitting, and working rooms, and of mercantile offices; in those predisposing malarial and miasmatic influences that spring from soil, sewage, and climate; in long hours of work and study; in irregularity of meals and in hasty eating; in

the keeping of late hours; in vicious literature; in the consumption of stimulants; in the excessive use of tobacco; in sexual abuse; in imprudent and exhaustive exercise; in tea-drunkenness; in over-study and mental strain; in business worry and the feverish excitement of the speculative life; in the heart-breaks of domestic cares and disappointments; and in the canker of some unavailing desire, in which love and passion are wearied by the "hope that is deferred."

We shall begin rightly if we endeavour to modify or remove these antecedents, before we trust to the efficacy of drugs for the purpose of restoring tone to the muscles, energy to the nerves, and quality and colour to the blood. But having attempted this, it behoves us next to discriminate carefully in our choice of a remedy that will be adapted to the special needs of the individual case.

Therapeutic value of Fellows' Syrup of Hypophosphites.—We may, perhaps, be permitted here to emphasise the particular value of the combination of the hypophosphite salts as found in FELLOWS' SYRUP OF HYPOPHOSPHITES, in the treatment of that large class of cases in which are exhibited the painful and distressing symptoms embraced under the title of this brochure.

In Part XII. (*Metabolism*) we entered somewhat

fully into the various metabolic phenomena at work in the body, and pointed out in what way the process of metabolism was influenced by each of the drugs contained in the Syrup of the Hypophosphites. It was there shown that, by assisting the assimilation of food, by exciting glandular action, by promoting healthy secretion, by imparting vigour to the entire nervous system, and by improving the character of the blood and the tone of the vessels, Fellows' Syrup of Hypophosphites was mainly instrumental in bringing about and maintaining an improvement in the great centres of nerve-action, and in strengthening all the necessary constructive and disintegrative processes in the organs and viscera.

It was shown that each component of this happy combination of mineral and vegetable tonics—iron, strychnine, quinine, manganese, and lime—plays its own part in the metabolising action. The weakened nerve-supply that presides over feeble secretion is invigorated by it, a more healthful action of the bodily organs is initiated, the attenuated blood-current is made richer and yields more active elements for the nutrition of the tissues, the muscle-nerves are stimulated, and automatic reflex impulses are more quickly generated, rendering exercise more enjoyable.

In addition, there is the subtle action of the

phosphorus salts on the nervous system—a subject with which we dealt in Part X., in treating of *The Uses of Phosphorus and its Compounds in the Human Economy.* It is just in these early manifestations of nerve-exhaustion, when the mandates of the brain and spinal cord grow feebler and begin to lose that stable control which maintains harmonious action in the voluntary muscles and in the various sense-organs, and when there is a want of readiness in those reflex responses to peripheral stimuli, all of which are essential to the even flow of health—it is just then that such compounds of phosphorus are particularly valuable.

Many of these manifestations we have lightly touched on in the present pamphlet. They do not necessarily mean *disease*, but they are distinctly the outcome of ill-health, and require early attention. And one of the most reliable remedies that can be administered to combat them, either alone or as an adjunct to other restorative and vascular tonics, is Fellows' Syrup of the Hypophosphites.

LETTERS REFERRING MORE ESPECIALLY TO PULMONARY AND BRONCHIAL AFFECTIONS.

DCCLI.

From R. V. Gorham, Esq., M.R.C.S.Eng., L.S.A.; Member of Council of the East Anglian Branch, British Medical Association; Admiralty Surgeon and Agent for Misner Haven and Dunwich; Provincial Consultant, Royal National Life-Boat Institution.

"Sans-Souci," Yoxford,
Suffolk, England,
26*th December*, 1891.

Mr. James I. Fellows.

Dear Sir,

I continue to employ your valuable preparation (Syr. Hypo. Co. Fellows) as much as ever, and find it most eminently useful. In chronic bronchitis of old people, it is very good; in acute, I have not tried it.

I am now reading with great pleasure your brochure on "Zymosis and Pathogenesis." Thanking you for sending it, and wishing you every success with the Syrup,

I am,
Yours truly,
R. V. GORHAM.

DCCLII.

From CHARLES J. S. DIGGES, Esq., M.R.C.S.Eng., M.R.C.P.I., L.M.
3,654, PAGE AVENUE,
ST. LOUIS, Mo., U.S.A.,
13*th December*, 1890.

Mr. JAMES I. FELLOWS.

DEAR SIR,

It will doubtless be a satisfaction to you to know that I am a firm believer in the Hypophosphites, and have for years and years prescribed only one preparation, and that, "Fellows'."

In incipient or advanced phthisis, all kinds of tubercular disease, marasmus, tabes, and slow convalescence, your preparation, either by itself or in combination with other drugs, has given me complete satisfaction.

I am not in the habit of giving testimonials for publication—in fact, I am not aware of ever having

done so; but I break through my rule just for this time, and not only heartily recommend your Syrup of Hypophosphites, but also thank you for giving me an opportunity of doing so.

Yours truly,
CHARLES J. S. DIGGES.

DCCLIII.

(*Translated.*)

From Dr. C. REDARD, Physician to the *Asile des Vieillards*, Geneva.

14, RUE DE MONT BLANC,
GENEVA, SWITZERLAND,
July, 1892.

I have pleasure in stating that Fellows' Compound Syrup of Hypophosphites has been of the greatest service to me for lymphatic children, debilitated by over-rapid growth. It was successful even when cod-liver oil had no effect whatever.

In the case of old men suffering from bronchitis, or convalescent after attacks of inflammation of the lungs, I have been struck by the rapidity of the cures obtained through the use of this preparation.

C. REDARD.

DCCLIV.

From WILLIAM BALSER, Esq., M.D.
218, EAST 13TH STREET,
NEW YORK, U.S.A.,

Mr. JAMES I. FELLOWS. *17th December*, 1890.

DEAR SIR,

I have prescribed your Syrup of Hypophosphites for a number of years, and shall continue to do so on account of its curative properties in scrofulous and pulmonary diseases. Yours truly,

WM. BALSER.

DCCLV.

From S. E. MARTIN, Esq., M.D.
TOPEKA,
KANSAS, U.S.A.,

Mr. JAMES I. FELLOWS. *September*, 1892.

DEAR SIR,

I have used Fellows' Syrup of Hypophosphites freely in many affections of the lungs—affections in some instances bordering on phthisis pulmonalis—and with decided advantage. The most marked benefit following its administration at my hands, has been in pulmonary hæmorrhage, although I have also found it useful in cases of relaxation due to nervous prostration, where the nerve-tissue has become affected by morbid change.

In my opinion, Fellows' Hypophosphites produces such beneficial results by supplying the constituent elements which are essential for repair and nutrition. I have no hesitation in pronouncing it to be a valuable general, nerve, and brain tonic, useful in phthisis, anæmia, scrofula, chlorosis, and all diseases resulting from the breaking down of the nervous centres through want of a healthy nerve-supply.

Yours truly,

S. E. MARTIN.

DCCLVI.

Extract from "TUBERCULOSIS AND ITS SUCCESSFUL TREATMENT," by ROBERT BELL, Esq., M.D.Glasg., F.F.P.S.Glasg., L.R.C.S.Edin.; Fellow of the Obstetric Societies of London and Edinburgh; Medical Referee, National Hospital for Consumption, Ventnor; Senior Physician, Glasgow Hospital for Diseases peculiar to Women; Vice-President of the British Gynæcological Society; &c., &c.

At page 52 the author reports a case as follows:—

"Mrs. Y——, aged 28, residing in Perthshire, consulted me six years ago, and at that time was suffering from tubercular disease in the left apex. The disease had so far advanced as to produce softening over a considerable area of the upper lobe of the left

lung. Her general health was very much deteriorated, and she had lost considerably in flesh during the previous few weeks. She also suffered from night-sweats, and her expectoration had all the characteristics of phthisis pulmonalis. She was put upon twenty grains of muriate of calcium, with a teaspoonful of Fellows' Syrup three times a day after food. Her health rapidly improved, and all traces of the lung mischief speedily disappeared, and at the present moment she is in perfect health, having experienced no recurrence of the lung symptoms."

DCCLVII.

(*Translated.*)

From Dr. ADOLPH WILHEIM, Chief Physician to the Hospital in Baja.

SZABADKA, HUNGARY,

9th August, 1889.

After using a dozen bottles of your Syrup of the Hypophosphites for a boy, twelve years of age, in whom tuberculosis could be positively diagnosed, all symptoms of the disease disappeared. Two years have elapsed since that time, and the boy is still in perfect health.

A. WILHEIM.

DCCLVIII.

(*Translated.*)

From Dr. JULIUS DOLLINGER, Professor of Orthopædic Surgery at the Buda-Pest University.

KEREPESI UT, 52,

BUDA-PEST, HUNGARY,

Mr. JAMES I. FELLOWS. 21*st April*, 1891.

DEAR SIR,

I have often prescribed Fellows' Syrup of Hypophosphites for anæmic children suffering from rachitis and tuberculosis, with good results.

Yours truly,

JULIUS DOLLINGER.

DCCLIX.

(*Translated.*)

From Dr. FIVIDORI.

GHISONACCIA, CORSICA,

1*st December*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

As soon as I became acquainted with your preparation, I prescribed it for a young patient of mine, who had been suffering from chronic bronchitis for more than six years. It was not long before he came

himself to see me and tell me that he felt much better. His appetite, which he had completely lost, had returned, his digestion had improved, the night-sweats had disappeared, and a regular and refreshing sleep had taken the place of his usual insomnia.

I immediately asked my chemist to obtain some more of the Syrup, and I now prescribe it regularly, and find it very efficacious in diseases of the respiratory organs.

Yours truly,
FIVIDORI.

DCCLX.
(*Translated.*)
From Dr. TROSSAT.
ST. LOUP DE LA SALLE,
SAÔNE-ET-LOIRE, FRANCE,
20*th November*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR

I prescribed your Syrup of Hypophosphites for a young girl of seventeen, whose case presented the following symptoms :—constant fever, anæmia, emaciation, anorexia, night-sweats, breathlessness in walking, expectoration of yellowish mucous substances, dullness on percussion, subcrepitant *râles*, moist *craquements*,

normal menstruation. These are clearly the symptoms of phthisis, are they not?

Little by little, as the patient took your Syrup, I observed the symptoms grow milder, and finally they disappeared completely. A year has passed since then, and she is now in as good health as she could possibly be.

Yours truly,
TROSSAT.

DCCLXI.

(*Translated.*)

From Dr. José H. Arroba, Chief Physician to the Civil Hospital of Babahayo.

Babahayo, Ecuador,
10*th February*, 1887.

Mr. James I. Fellows.

Dear Sir,

I have pleasure in giving you my opinion of your Syrup of Hypophosphites. I have prescribed it, during my practice of over eight years, in cases of chronic bronchitis, in tabes mesenterica in children, in the first stages of pulmonary tuberculosis, and in deep-seated anæmia that would not yield to preparations of iron alone, and, in general, in all forms of constitutional

debility; and I have obtained marvellously satisfactory results from it.

I authorise you to publish this letter, if you think it will help to increase the popularity of your important preparation.

Yours truly,

JOSÉ H. ARROBA.

DCCLXII.

(*Translated.*)

From Dr. DOSITEO BATALLAS, Physician and Surgeon to the Hospital of S. Vicente, Latacunga.

LATACUNGA, ECUADOR,

Mr. JAMES I. FELLOWS. 27*th March*, 1887.

DEAR SIR,

On the various occasions on which I have used your Syrup of Hypophosphites, in the course of several years, I have obtained very satisfactory results from it, especially in cases of bronchial weakness, rachitis, caries of the bones, and menstrual disorders in women.

It is a preparation that has been of real benefit to suffering humanity; and I would indeed that remedies like it could come to our knowledge every day!

Yours truly,

DOSITEO BATALLAS.

DCCLXIII.

(*Translated.*)

From Dr. CAUCHY.

HORNOY,

SOMME, FRANCE,

Mr. JAMES I. FELLOWS. *6th October*, 1887.

DEAR SIR,

I prescribed Fellows' Syrup of Hypophosphites for a man, eighty years of age, who suffered from chronic bronchitis. The result exceeded my hopes, an improvement being brought about which the ordinary remedies had failed to secure. In future, I shall prescribe it in preference to other preparations.

Yours truly,

CAUCHY.

DCCLXIV.

(*Translated.*)

From Dr. MANUEL S. CASTELLANOS, of the Faculty of Paris and of Madrid; Principal Subdelegate of Medicine.

ESCOBAR, 162,

HABANA, CUBA,

Mr. JAMES I. FELLOWS. *25th December*, 1886.

DEAR SIR,

I have for some time past been using your Syrup of Hypophosphites in my practice, and I have

obtained favourable results from it, not only in chronic bronchitis but also in the treatment of persons (chiefly children) of lymphatic diathesis, so common in this country.

It has also given me marvellous results during the period of dental evolution in children, never having been followed by convulsions or by any other nervous accident. I cannot, therefore, but present you with my heartiest congratulations upon so felicitous a preparation.

Yours truly,
MANUEL S. CASTELLANOS.

DCCLXV.

(*Translated.*)

From Dr. SEBASTIAN RAQUETA, Chief Honorary Assistant Physician to the Military Health Department; Member of the National Medical Society of the United States, in Philadelphia; Municipal Physician to the town of Abreus.

ABREUS, CUBA,
10*th February*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have much pleasure in informing you that I have been using your Syrup of Hypophosphites for

some time past, with admirable results, in the first and second stages of phthisis, as also in chronic bronchitis and anæmia, and particularly in rachitis in children. In addition to its excellent effects, children take it with ease on account of its agreeable taste.

I can assure you that I congratulate myself on having used it in my practice, since it has so well answered my expectations.

Yours truly,

SEBASTIAN RAQUETA.

DCCLXVI.

(*Translated.*)

From Dr. RAFAEL DE CÁRDENAS.

ALTAMISAL, CUBA,

20*th January*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have pleasure in informing you that I have tried your Syrup of Hypophosphites both for combating scrofulous tendencies in children, and also for anæmia in pregnant and parturient women, and in cases of tuberculosis; and I have usually obtained the most flattering results.

At the present moment, however, I am treating a young girl who shows evident signs of tubercular

softening in both lungs, and I have suspended the administration of your preparation as I fancy some connection must exist between its effects on the diseased organs and the frequent hæmoptysis from which she suffers—a suspicion which has become almost a certainty, seeing that the tendency has since disappeared. Perhaps you would be kind enough to give me your opinion on the subject?

Yours truly,
RAFAEL DE CÁRDENAS.

DCCLXVII.

(*Translated.*)

From Dr. ANDRES VALDESPINO.

HABANA, CUBA,

Mr. JAMES I. FELLOWS. 27*th December*, 1886.

DEAR SIR,

I have pleasure in stating that I have employed your Syrup of Hypophosphites for some years, for persons afflicted with chronic bronchitis, and also in cases of tuberculosis (in the first and second stages), anæmia, and dyspepsia, and for sickly children of the poorer classes; and the results I have obtained have always been satisfactory.

Yours truly,
ANDRES VALDESPINO.

DCCLXVIII.

(*Translated.*)

From Dr. DANIEL CARVALLO.

VALPARAISO, CHILI,

Mr. JAMES I. FELLOWS. 11*th April*, 1887.

DEAR SIR,

I am happy to inform you that I have employed your Syrup of Hypophosphites considerably in phthisis, chronic bronchitis, anæmia, and convalescence from protracted illnesses, and also as a tonic for the nervous system; and I have been greatly pleased with the rapid and excellent results obtained. I was even able to observe its good effect in a case of locomotor ataxy, although, owing to the patient changing his residence, I was unable to follow up my observation.

In my judgment, the Syrup of Hypophosphites which bears your name is one of the best medicaments in the hands of the physician, for the relief, and in many cases the cure, of unhappy sufferers.

I cannot but take advantage of the present occasion to congratulate you on the realisation of an idea of such practical utility, as is that of furnishing the physician with a preparation that patients take with pleasure and that is so rapid and certain in its good effects.

Yours truly,

DANIEL CARVALLO.

DCCLXIX.

(*Translated.*)

From Dr. A. MORAGA.

CALLE ROSAS, 167,

SANTIAGO, CHILI,

16*th October*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

Now that I have been able to make a satisfactory trial of your Syrup of Hypophosphites, I have pleasure in informing you that the results have exceeded my hopes.

In cases of tuberculosis, anæmia, bronchitis, and scrofula, and, in general, in all diseases that are accompanied by debility, it is perfectly indicated.

It is a great pleasure to communicate to you these highly satisfactory results, and I feel it my duty to congratulate you upon them.

Yours truly,

A. MORAGA.

LETTERS REFERRING MORE ESPECIALLY TO NERVOUS AFFECTIONS.

DCCLXX.

From ARTHUR DALZELL, Esq., M.B. and C.M.Edin.

SUNNY BANK,
TOTLAND BAY,
ISLE OF WIGHT, ENGLAND,
7th March, 1892.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have used Fellows' Syrup of Hypophosphites in cases of the most profound nervous debility with loss of health and strength. I find that it removes the excessive phosphate waste, and completely restores health, accomplishing in a few weeks what a sea voyage brings about in months.

I am at present using it with good results in a very bad case of post-epileptic debility.

Yours truly,
ARTHUR DALZELL.

DCCLXXI.

(*Translated.*)

From Dr. E. von Stoffella, *Knight*, Professor of Pathology and Therapeutics at Vienna University.

Alserstrasse, 25,

Vienna, Austria,

7th April, 1891.

I hereby state that I have used Fellows' Syrup of Hypophosphites repeatedly in neurasthenia, and have obtained by its instrumentality splendid results.

E. von STOFFELLA.

DCCLXXII.

(*Translated.*)

From Dr. A. Schrötter.

Gonzagagasse, 5,

Vienna, Austria,

22*nd November*, 1892.

Mr. James I. Fellows.

Dear Sir,

I beg to state that Fellows' Syrup of Hypophosphites has rendered me remarkable services in numerous cases of anæmia and neurasthenia—especially where iron was not well tolerated by the stomach.

Yours truly,

Ad. SCHRÖTTER.

DCCLXXIII.

From ALPHONSE LABRECQUE, Esq., M.D.
31, ST. JOHN STREET,
QUEBEC, CANADA,
11th December, 1892.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have much pleasure in informing you that I have prescribed your Syrup of Hypophosphites in epilepsy, with the most satisfactory results. My brother-in-law, Dr. A. Potvin, of 43, Sous le Fort Street, Quebec, has had similar results in gastritis and hysteria.

Yours truly,
A. LABRECQUE.

DCCLXXIV.

(*Translated.*)

From Dr. ISTVÁN BARTÓK.
KOLOSVAR, HUNGARY,
20th August, 1889.

I have for several years obtained the best results from the use of Fellows' Syrup of Hypophosphites for women suffering from anæmia and neurasthenia, and also in cases of convalescence from typhoid fever.

ISTVÁN BARTÓK.

DCCLXXV.

(*Translated.*)

From Dr. F. KREISSL, Physician to the Baths at Franzensbad.

FRANZENSBAD, AUSTRIA,

Mr. JAMES I. FELLOWS. 20*th February*, 1891.

DEAR SIR,

I have pleasure in stating that since my last letter to you, I have used Fellows' Hypophosphites with the same good results as previously, both in my own case and for my patients, in anæmia, neurasthenia, and various conditions of exhaustion.

Yours truly,

F. KREISSL.

DCCLXXVI.

(*Translated.*)

From Dr. J. FISCHL, Lecturer on Nervous Diseases at the Prague University.

KARLS PLATZ, 38,

PRAGUE, BOHEMIA,

23*rd March*, 1891.

I have used Fellows' Syrup of Hypophosphites frequently in neurasthenia and in anæmic conditions, with very good results.

J. FISCHL.

DCCLXXVII.

(*Translated.*)

From Dr. H. von Hebra, Lecturer on Skin Diseases at Vienna University.

Mariannengasse, 10,
Vienna, Austria,

Mr. James I. Fellows 4*th April*, 1891.

Dear Sir,

I have pleasure in stating that in cases of sexual neurasthenia I have been able to prove the efficacy of Fellows' Syrup of Hypophosphites.

Yours truly,
H. von HEBRA.

DCCLXXVIII.

(*Translated.*)

From George Mackern, Esq., M.D.Lond., M.R.C.S.Eng.

Tucuman, 571,
Buenos Aires, Argentina,
20*th March*, 1891.

Mr. James I. Fellows.

Dear Sir,

Having made clinical use of your Syrup of Hypophosphites for several years past, it is a pleasure to me

to certify that it has always yielded me the most sure results, especially in chronic affections of the lungs and the blood, and in diseases of the nervous system.

Yours truly,

GEORGE MACKERN.

DCCLXXIX.

From WILLIAM R. GOODFELLOW, Esq., M.R.C.S.Eng., L.S.A.; Surgeon, Roche and St. Austell United and other Mines.

CHURCH COTTAGE,
ROCHE,
CORNWALL, ENGLAND,
4th August, 1892.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I require some of your Syr. Hypophos. for use in a case of extreme nervous exhaustion from excessive mental strain of long duration.

I continually prescribe your preparation, it being indeed to me a sheet-anchor in cases of this nature. I have a high opinion of it.

Yours truly,

WM. R. GOODFELLOW.

DCCLXXX.

(*Translated.*)

From Dr. LEONORE WELT.

14, RUE DE MONT BLANC,

GENEVA, SWITZERLAND,

Mr. JAMES I. FELLOWS. 30*th March*, 1891.

DEAR SIR,

I have pleasure in informing you that I have had occasion to employ Fellows' Syrup in several cases of anæmia and mental exhaustion, and I have been very pleased with the result.

Yours truly,

LEONORE WELT.

DCCLXXXI.

(*Translated.*)

From Professor M. SEMMOLA, Director of the Therapeutical Clinic of the Royal University of Naples; Visiting Physician to the Naples Hospitals; Royal Senator.

STRADA TRINITÀ MAGGIORE, 6,

NAPLES, ITALY,

31*st March*, 1893.

I, the undersigned, certify that I have used Fellows' Syrup of Hypophosphites in my University

Clinic, and also in my private practice, for many years, and that I have obtained very satisfactory curative results in cases of general nervous exhaustion, in anæmia originating in diseases of the sympathetic, and in asthenic affections of the nervous system.

M. SEMMOLA.

DCCLXXXII.

(*Translated.*)

From Professor FEHLING, Director of the Obstetric and Gynæcological Clinic in Basle. Author of several works on the Extirpation of the Ovaries in Osteo-Malacia, &c.

PETERSGRABEN, 17,
BASLE, SWITZERLAND,
12*th September*, 1892.

The undersigned desires to state that he has used Fellows' Syrup of Hypophosphites for several years, both in private and hospital practice, and has been much pleased with the results obtained from it in conditions of exhaustion, as well as in all phases of neurasthenia.

FEHLING.

DCCLXXXIII.

(*Translated.*)

From Dr. E. Heinrich Kisch, Royal Medical Councillor; Professor at the Prague University; Director of the Hospital, and Physician to the Baths, at Marienbad.

Marienbad, Austria,

15*th September*, 1890.

I have repeatedly used Fellows' Syrup of Hypophosphites—both in my private practice and in the hospital under my care at Marienbad—for gynæcological cases complicated with anæmia, neurasthenia, and dyspeptic disturbances; and I have obtained very favourable results.

E. HEINRICH KISCH.

LETTERS REFERRING TO VARIOUS AFFECTIONS: ALSO LETTERS OF GENERAL COMMENDATION.

DCCLXXXIV.

From HAYGARTH ADDISON, Esq., L.R.C.P.Edin. and L.M., L.F.P.S.Glasg. and L.M. Author of "An Essay on the Human Skin, with Remarks on Baths, Exercise, and Diet"; also of various contributions to Medical Journals.

THE BANKS, BRAMPTON,
CUMBERLAND, ENGLAND,
14th September, 1892.

Mr. JAMES I. FELLOWS.

DEAR SIR,

Not only have I myself taken a quantity of your Syrup. Hypophos. Co.—and my wife also—but I have prescribed it on every possible occasion. It is without doubt the tonic of the present and the future. I like, also, the guide as to dose enclosed round the bottle.

Yours truly,
HAYGARTH ADDISON.

DCCLXXXV.

From JOHN BAINES, Esq., M.R.C.S.Eng., L.S.A.; formerly Surgeon-Accoucheur to the Birmingham General Dispensary.

7, SUMMERHILL,
BIRMINGHAM, ENGLAND,
7th August, 1891.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have for many years recommended your preparation of the Hypophosphites, but I have not prescribed it to be mixed with any other medicine than cod-liver oil, made up into an emulsion with egg, and flavoured with nutmeg, cinnamon, or oil of bitter almonds.

I believe that in any gland-affection, large or small, it exerts a beneficial alterative power, and may with advantage be gone on with for a long time—say, months, or even years. I frequently recommend it in suitable cases, and I tell the patient where to get it.

I have been favoured with several of your publications, and if you will at your convenience send me a further one, I shall be obliged; but I do not need any sample of the Syrup, as I am pretty well aware of what it can do already.

Yours truly,
JOHN BAINES.

DCCLXXXVI.

From JAMES S. MORGAN, Esq., M.D.
SPRINGFIELD,
OHIO, U.S.A.,
2nd January, 1893.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have been much pleased with your Syrup of Hypophosphites, which I have used both in my private and hospital practice and have found very beneficial wherever indicated.

Yours truly,
JAMES S. MORGAN.

DCCLXXXVII.

From C. D. SIMITOPOULOS, Esq., M.B. and C.M.
22, MELVILLE TERRACE,
EDINBURGH, SCOTLAND,
9th August, 1892.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I am a great admirer of your Syrup of Hypophosphites, and I have used it with success on various occasions when residing at Smyrna, Asia Minor.

Yours truly,
C. D. SIMITOPOULOS.

DCCLXXXVIII.

From J. M. BIGELOW, Esq., M.D.
52, EAGLE STREET,
ALBANY, N.Y., U.S.A.,

Mr. JAMES I. FELLOWS. *8th October*, 1890.

DEAR SIR,

I have been giving your Syrup of Hypophosphites with the best results, and can only speak of it in high terms.

Yours truly,
J. M. BIGELOW.

DCCLXXXIX.

From J. H. STOWELL, Esq., M.D.
526, WABASH AVENUE,
CHICAGO, ILL., U.S.A.,
13th November, 1890.

Mr. JAMES I. FELLOWS.

DEAR SIR,

It is not my custom to recommend any proprietary medicine, but I cannot refrain from thanking you for the valuable remedy you have placed in the hands of the Profession. I prescribe it daily, and am always pleased with its results.

Yours truly,
J. H. STOWELL.

DCCXC.

From Dr. MARTHA C. HOLMES.

19, EAST 127TH STREET

NEW YORK, U.S.A.,

24th October, 1890.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I know from several years' experience the value of your preparation of Hypophosphites.

Yours truly,

MARTHA C. HOLMES.

DCCXCI.

From Dr. HARRIETTE C. KEATINGE.

136, WEST 48TH STREET,

NEW YORK, U.S.A.,

24th October, 1890.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have prescribed your Syrup of Hypophosphites in my practice for the last eight years, and have had (and still have) patients who have greatly benefited by its use. It is my standard tonic.

Yours truly,

HARRIETTE C. KEATINGE.

DCCXCII.

From CHARLES A. L. REED, Esq., M.D.
311, ELM STREET,
CINCINNATI, OHIO, U.S.A.,

Mr. JAMES I. FELLOWS. *9th December*, 1890.

DEAR SIR,

Your excellent preparation of the Hypophosphites has not only been a long-standing favourite with me in my private practice, but it is almost a routine prescription of mine for patients at the Cincinnati Free Hospital for Women, when convalescing from abdominal and other operations.

Yours truly,
CHARLES A. L. REED.

DCCXCIII.

(*Translated.*)

From Dr. A. LUTAUD, Physician to the *St. Lazare* Prison; Editor-in-chief of the "Journal de Médecine de Paris"; Knight of the Legion of Honour.
55, BOULEVARD HAUSSMANN,
PARIS, FRANCE,
20th December, 1892.

For nearly ten years I have employed Fellows' Syrup of Hypophosphites, both in my hospital and private practice. In particular, in the complications

of pregnancy (albuminuria, leucocythæmia, &c.), as well as in the depression following surgical operations, I have obtained the best results from it.

By its means I have been able to rapidly restore health to certain of my patients who had been debilitated by *postpartum* hæmorrhage.

The results I have also obtained from it in the treatment of neurasthenia in women, have exceeded my hopes ; and I consider Fellows' preparation to be the best of reconstructives. A. LUTAUD.

DCCXCIV.

From B. F. V. Burton, Esq., M.D.Brussels, L.R.C.S.I., L.M.Dub. ; Member of the Irish Medical Schools' and Graduates', Brussels Medical Graduates', and British Medical, Associations ; Surgeon, Stroud and Stonehouse District, Great Western Railway ; late House-Surgeon, St. Vincent's Hospital, Dublin.

Elgin Lodge,
Stonehouse,
Gloucestershire, England,

Mr. James I. Fellows. *5th August*, 1892.

Dear Sir,

I received your new book on "Zymosis and Pathogenesis" a few days ago, and shall read it with interest.

I cannot speak too highly of your preparation (Syrup of Hypophosphites) in all cases of debility. I am about to prescribe it in a most suitable anæmic case, accompanied by inguinal abscess after accouchement, and will inform you of the result.

Yours truly,

B. F. V. BURTON.

DCCXCV.

From GLYNN WHITTLE, Esq., M.A., M.D.Cantab., M.R.C.P.Lond., M.R.C.S.Eng., L.S.A.; Member of the Liverpool Medical Institution; Physician, and Lecturer on Midwifery, Liverpool Lying-in Hospital. Author of "Letters on Indian Experiences"; "The Administration of Ergot in Labour"; and several contributions to Medical Journals.

ORIEL HOUSE,
PRINCE'S AVENUE,
LIVERPOOL, ENGLAND,
20th February, 1892.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have found, as heretofore, your Syrup of Hypophosphites a good general tonic, but not otherwise possessing special value for the cure of bronchitis.

Yours truly,

G. WHITTLE.

DCCXCVI.

From S. S. STRONG, Esq., M.D.
90, CIRCULAR STREET,
SARATOGA SPRINGS, N.Y., U.S.A.,

Mr. JAMES I. FELLOWS. 17*th October*, 1890.

DEAR SIR,

I have used your Syrup of Hypophosphites for many years with most satisfactory results. I have found it of great value in the reparative process of all wasting diseases, and very generally for improving the appetite and increasing flesh and strength. It is acceptable to the most delicate stomachs.

In high appreciation of its usefulness,

I remain,

Yours truly,

S. S. STRONG.

DCCXCVII.

(*Translated.*)

From Dr. KÁROLY KOTÁNYI, Physician to the Austro-Hungarian Railway.

SZEGEDIN, HUNGARY,

8*th August*, 1889.

I have used Fellows' Syrup of the Hypophosphites in cases of anæmia, with very good results.

K. KOTÁNYI.

DCCXCVIII.

(*Translated.*)

From Dr. WILHELM KRONSTEIN, Physician to the Hungarian Railways.

HAUPTPLATZ, 21,

ARAD, HUNGARY,

10*th August*, 1889.

I have frequently used Fellows' Syrup of Hypophosphites for anæmic, scrofulous, and rachitic children; and the excellent results obtained have fulfilled my highest anticipations.

W. KRONSTEIN.

DCCXCIX.

(*Translated.*)

From Dr. TAMÁS KUN, Physician to the Royal Court of Justice; Member of the Royal Hygienic Senate of Hungary; Medical Officer of Health to the City of Miskolcz.

MISKOLCZ, HUNGARY,

26*th August*, 1889.

I have used Fellows' Syrup of the Hypophosphites for a number of years in cases of anæmia and in osseous diseases, with excellent results.

TAMÁS KUN.

DCCC.

(*Translated.*)

From Dr. ENDRE GALFFY, Staff-Surgeon in the Royal Hungarian Army.

KOLOSVAR, HUNGARY,

19*th August*, 1889.

I beg to state that I have employed Fellows' Syrup of Hypophosphites for strumous and rachitic children, in several instances, and have obtained the best results.

ENDRE GALFFY.

DCCCI.

(*Translated.*)

From Dr. GUSTAV BRAUN, Professor of Obstetrics and Gynæcology at Vienna University; Medical Adviser to the Court.

SEILERSTÄTTE, 1,

VIENNA, AUSTRIA,

Mr. JAMES I. FELLOWS. 14*th April*, 1891.

DEAR SIR,

In reply to your letter, I cannot but state that Fellows' Syrup of Hypophosphites has been used with advantage in my clinical hospital, in cases of exhaustion.

Yours truly,

GUSTAV BRAUN.

DCCCII.

(*Translated.*)

From Dr. JULES GAYE.

THERMES,

HAUTES-PYRÉNÉES, FRANCE,

Mr. JAMES I. FELLOWS. *November*, 1887.

DEAR SIR,

I am happy to state that the results I have obtained by means of your Syrup of Hypophosphites have been exceedingly satisfactory. You may reckon me among the number of practitioners who prescribe it with pleasure in all cases where it is indicated.

Yours truly,

JULES GAYE.

DCCCIII.

(*Translated.*)

From Dr. FAYARD.

VAUCHASSIS,

AUBE, FRANCE,

29*th October*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I had an opportunity of testing your Syrup of Hypophosphites on a young lady, æt. 22, who had

been attacked with typhoid fever in the adynamic form. She had scarcely taken half a bottle when she seemed, so to speak, to be revivified.

I consider that this pharmaceutical preparation greatly surpasses, as a tonic, stimulant, and reconstructive agent, all others that have hitherto been formulated for the same purpose.

Yours truly,
FAYARD.

DCCCIV.
(*Translated.*)
From Dr. CAZY.

EVAUX,
CREUSE, FRANCE,
14th December, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

For a long time past I have prescribed, at frequent intervals, your Syrup of Hypophosphites, and have obtained the most satisfactory results from it, especially in the case of aged people, whose debility was not due to any appreciable organic lesion.

I have much pleasure in sending you this testimony, and remain,

Yours truly,
CAZY.

DCCCV.

(*Translated.*)

From Dr. MENGEAUD.

46, AVENUE DE LA GARE,

NICE, FRANCE

Mr. JAMES I. FELLOWS. 17*th October*, 1887.

DEAR SIR,

I have tried your Syrup of Hypophosphites, and am well pleased with it. Yours truly,

MENGEAUD.

DCCCVI.

(*Translated.*)

From Dr. SOLLÉLIS.

VERTOLAYE,

PUY-DE-DÔME, FRANCE,

Mr. JAMES I. FELLOWS. *November*, 1887.

DEAR SIR,

I tried your Compound Syrup of Hypophosphites in a case of chloro-anæmia associated with dyspepsia, which had resisted all peptonising preparations. The result exceeded my best hopes. At the end of three months both the dyspepsia and the chloro-anæmia were completely cured.

I have also been trying it in a case of asthenia, accompanying change of life, complicated with vomiting

due to catarrh of the biliary ducts. After a fortnight's treatment, I find a considerable improvement in the general condition of the patient; the vomiting has ceased, and the yellowish tinge of the skin is steadily disappearing.

The effects of the preparation fully correspond to what might be expected from its superior composition; and I can say that this therapeutical agent, so agreeable to take, is, in my opinion, fitted to develop the digestive functions in all their fulness, and is, consequently, eminently suitable for combating all forms of debility, whatever their origin or cause.

Yours truly,
SOLLÉLIS.

DCCCVII.
(*Translated.*)
From Dr. MASSU.
ROCQUIGNY,
ARDENNES, FRANCE,
23*rd November*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have obtained excellent results from your Syrup of Hypophosphites.

Yours truly,
MASSU

DCCCVIII.

(*Translated.*)

From Dr. SALVY BLANC.

LA BACHELLERIE,

DORDOGNE, FRANCE,

22*nd November*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

The trial I have made of your Syrup of Hypophosphites has been most satisfactory. This preparation is destined to render great services in therapeutics.

Yours truly,

SALVY BLANC.

DCCCIX.

(*Translated.*)

From Dr. A. BOITEAU.

BASSAC PAR SAINT MÊME,

CHARENTE, FRANCE,

18*th December*, 1887.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have used your Compound Syrup of Hypophosphites, and have been well satisfied with the results obtained from it as a tonic and restorer of exhausted

strength. I believe this preparation is destined to render great service in cases of protracted and difficult convalescence.

Yours truly,

A. BOITEAU.

DCCCX.

(*Translated.*)

From Dr. José Maria Troya, Surgeon (formerly House-Surgeon) to the Hospital of San Juan de Dios; Professor of Botany and Medical Physics, by competitive examination, and Dean of the Faculty of Science, at the Central University, Quito.

Quito, Ecuador

Mr. James I. Fellows. *9th April*, 1887.

Dear Sir,

I have the honour to inform you that, owing to my profession being that of a surgeon, I have not had such frequent opportunities of using your Syrup of Hypophosphites as I could have wished. Nevertheless, I have prescribed it for several patients, and I have also taken it myself.

From the short experience thus obtained, and from the chemical composition of the Syrup itself, I have come to the conclusion that it is a good nerve-tonic, and an excellent repairer of debilitated constitutions.

I owe you my best thanks for your kindness in sending me the pamphlets you have published respecting your preparation. It was only a short time ago that I received the last one.

You may make any use you think fit of this letter. Wishing you all success in your enterprise,

I am,

Yours truly,

JOSÉ MARIA TROYA.

DCCCXI.

(*Translated.*)

From Dr. FRANCISCO GIRALT, Specialist in Aural Diseases.

OBRAPIA, 93,

HABANA, CUBA,

25*th December*, 1886.

Mr. JAMES I. FELLOWS.

DEAR SIR,

I have pleasure in informing you that I have employed your Syrup of Hypophosphites in two cases of otorrhœa, of scrofulous origin, and have obtained the most satisfactory results.

Yours truly,

FRANCISCO GIRALT.

DCCCXII.

(*Translated.*)

From Dr. Francisco A. San Pedro.

Campanario, 75,

Habana, Cuba,

Mr. James I. Fellows. 24*th January*, 1887.

Dear Sir,

I have had occasion more than once to try your Syrup of Hypophosphites in my practice, and in truth it has exceeded my hopes. I will report briefly two or three cases that occur to me.

I prescribed it for a strumous child of five, greatly debilitated; and at the end of a month the result was very satisfactory. His appearance had changed, his appetite, which he had completely lost, had returned, and he was steadily gaining in strength and keeping in good health.

In a case of chlorosis combined with menstrual irregularities, I decided, after having used various remedies without result, to try your Syrup. In two months the patient had returned to her normal condition, and felt perfectly well. It has been the same in other cases, as, for instance, in convalescence from the malarial fever so common in this country, in which your preparation has always given me brilliant results. It is a good tonic and reconstructive, and I congratulate you upon it.

Yours truly,

FRANCISCO A. SAN PEDRO.

SYR: HYPOPHOS: FELLOWS

(Dispensed in Bottles containing 20 oz. by weight, or about 15 oz. by measure.)

Contains—HYPOPHOSPHITES OF IRON, QUININE, STRYCHNINE, LIME, MANGANESE, AND POTASH.

Each fluid drachm contains a proportion of Hypophosphite of Strychnine equivalent to 1-64*th grain of pure Strychnine.*

DOSES.

TONIC.—One tea-spoonful at each meal in a wine-glassful of water (cold).

STIMULANT AND TONIC.—Two tea-spoonfuls at meal times in half a tumbler of water (cold).

For children, the dose should be regulated according to age, viz., from 9 to 12 years, one-half; from 5 to 9, one-third; and from 1 to 5, one quarter.

To secure the full remedial effect, the Syrup should always be **LARGELY DILUTED** with cold water.

For the following diseases, begin with the Tonic Dose, and increase the quantity gradually, until the patient experiences the sensation peculiar to the action of Strychnine; then diminish until such feeling is barely perceptible. The STANDARD thus ascertained should be the established dose. When the patient is very feeble, begin with *half* the Tonic Dose, and proceed as above. These directions apply to cases of ORGANIC AND FUNCTIONAL DISEASE OF THE THROAT AND LUNGS, viz., Phthisis, Bronchitis, Asthmatic Bronchitis, Asthma, Diphtheritic Prostration, Dyspnœa, and Cough produced by Mucous Obstruction. Also to Chorea, Accidental and Constitutional Epilepsy, Chronic Diarrhœa, Incontinence of Urine, Paralysis Agitans, Anæmia, Leucorrhœa, Neuralgia, and Marasmus.

Employ the Tonic Dose for Sleeplessness, Loss of Memory, Loss of Voice, Lack of Energy, Timidity, Despondency, Night-Sweats, Dyspepsia, Hysteria, and Hypochondria; Palpitation and interrupted action of the Heart, Weak Respiration, and Generative Incapacity; Hoarseness, Wheezing, and Pulmonary Consumption with Hæmorrhage; Debility at change of Life, Difficult or Painful Parturition, liability to Abortion, Strumous Diseases, Debility from Fevers or from Residence in Hot or Unhealthy Localities, and Debility from Old Age.

Stimulant Dose: In cases of Coma, and of Poisoning from Opium-preparations, Chloral, or Alcohol, give the Stimulant Dose, to be repeated every half-hour until consciousness is restored; then the Tonic Dose, as directed.

Half-Tonic Dose: For advanced Capillary Bronchitis, and Congestion of the Lungs, give the Half-Tonic Dose, to be repeated every twenty minutes until vitality is established; and then give full Tonic Doses three times daily.

SPECIFIC EFFECTS OF FELLOWS' HYPOPHOSPHITES, AND INSTRUCTIONS FOR USE.

To Stimulate the Appetite.—Take half the Tonic Dose, as directed, in very cold (not iced) water, fifteen minutes before eating.

To Stimulate Digestion and Assimilation.—Take half the Tonic Dose, during meal-time, in water.

To Increase Rapidly in Weight.—Take the Tonic Dose, as directed, and drink plenty of new milk with the food.

To Sustain Mental Exertion.—Mix two tea-spoonfuls in a tumblerful of cold water, and drink small quantities occasionally during the hours of intellectual work.

To Overcome Intoxication.—Take two or three tea-spoonfuls in a wine-glassful of water.

To Give Power to the Vocal Chords.—Take the Tonic Dose fifteen minutes before singing.

In old phlegmatic subjects, when *mucous expectoration* is difficult, the Tonic Dose repeated every two hours will effect the removal of the mucus with little effort.

To Prevent Recurrence of Night-Sweats.—Take the Tonic Dose at each meal and at bed-time. A stimulus is thus imparted to the nerves which are connected with the sweat-glands.

To Prevent Sweating Hands and Feet (when caused by Debility).—Take the Tonic Dose, as directed.

For Convalescence from Typhoid and other low Fevers, and for Debility from residence in hot or malarial localities, employ the Tonic Dose.

To Strengthen and Develop Nursing Infants.—Let the mother take the Tonic Dose, as directed, with the food.

SAFEGUARDS AGAINST SUBSTITUTION.

Fellows' Syrup of Hypophosphites is dispensed in bottles containing 8 oz. and 15 oz. by measure; the address, Fellows & Co., St. John, N.B., is blown on the bottle, and the name, J. I. Fellows, St. John, N.B., is in watermark upon the yellow wrapper. The bottle is hermetically corked, and is sealed with crimson gelatine. The Syrup is heavy and slightly alkaline, has a pleasantly bitter taste, and deposits a flocculent brown precipitate of Hypophosphite of Manganese when left undisturbed for forty-eight hours.

NOTE.—Though this precipitate mars the appearance, its presence has been found imperative in order to secure the full remedial effect of the preparation. (Whenever the precipitate is visible, the bottle should be shaken before using.)

By ordering f℥viii, the Syrup can be dispensed in the original bottle containing that quantity, when the trade label may be removed and prescription-directions substituted as desired.

In dispensing, the Hypophosphites should only be diluted with pure Syrup or Glycerine.

PRICES.

GREAT BRITAIN (with Stamp), 7*s.* and 4*s.* per bottle.

IRELAND AND COLONIES (without Stamp), 6*s.* and 3*s.* 6*d.* per bottle.

UNITED STATES AND CANADA, $1.50 per bottle.

Since the Syrup is supplied to Agents at a uniform cost in *every part of the world*, the price should not exceed the above figures. (In a few countries, however, where the import-duty is very high, an exception is made to this rule.)

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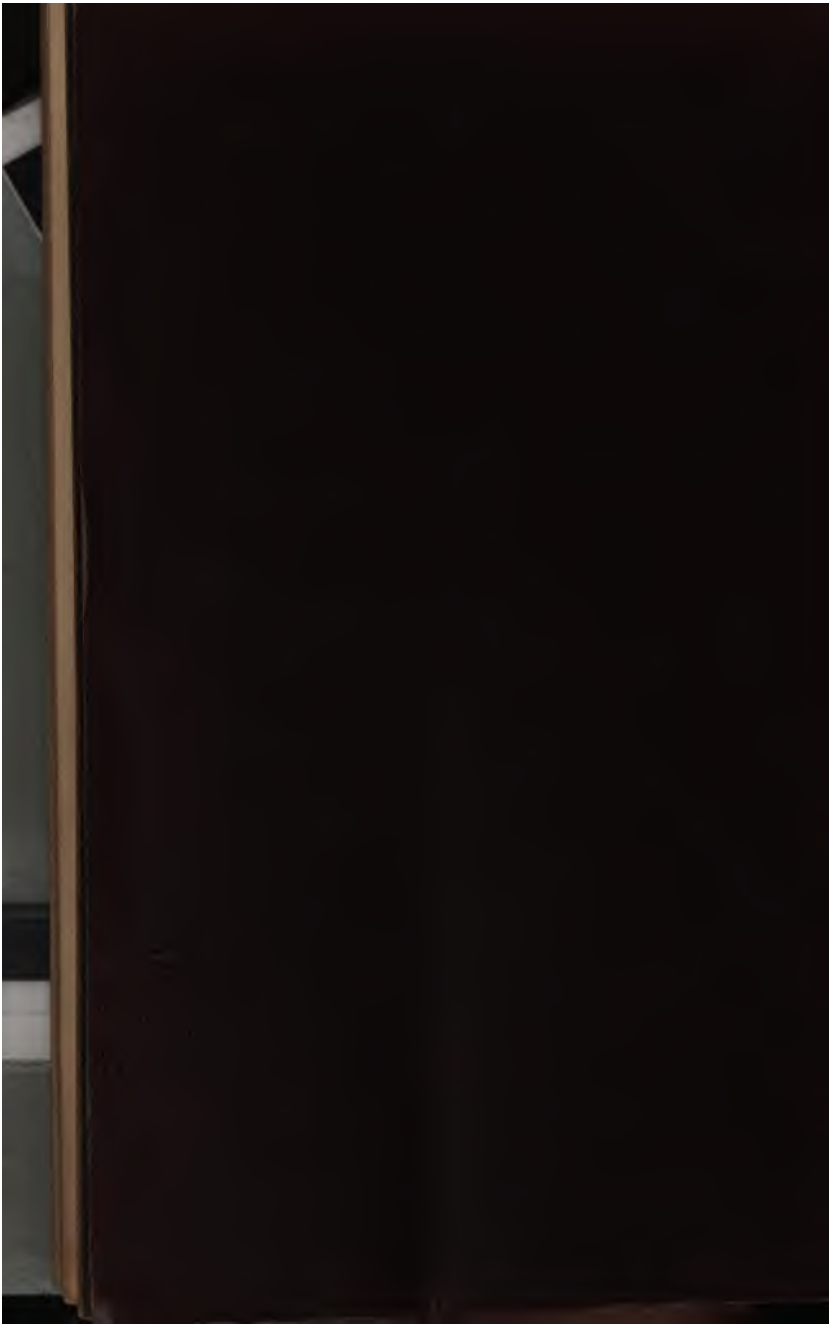
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